

Kids Fit MENU!

Featuring 2 servings of fruit and/or veggies in every Kids Fit meal!

All meals served with 100% apple juice
No refills, please.

☐ Sunrise Scramble

Flour tortilla stuffed with scrambled eggs, ham, cheese, tomatoes, broccoli. Served with strawberries and bananas.

\$6.99 (360 CAL)

☐ Piggy Party

2 turkey sausage links wrapped with pancakes. Served with strawberries and bananas.

\$6.99 (440 CAL)

☐ French Toasties

French toast dusted with cinnamon sugar and a side of berry yogurt for dunking. Served with our homestyle potatoes plus a side of strawberries and bananas.

\$6.99 (420 CAL)

☐ Chicken IN Waffle Sandwich

Grilled chicken breast with sweet mustard Aioli sauce, lettuce, tomato, and shredded carrots, sandwiched in a waffle. Served with apple slices & celery to dip in creamy peanut butter.

\$7.99 (550 CAL)

☐ Maple Sausage Minis

Two toasted slider buns with turkey sausage links topped with lettuce, tomato and sugar-free maple syrup. Served with strawberries and bananas.

\$5.99 (550 CAL)



Evan Scott, Rockwall High School Graduate & Preslie Mann from Dr. Gene Burton College & Career Academy-Rockwall ISD



Alex Meza, graduate of The Colony High School-Lewisville ISD

Kid's Menu prices for ages 12 and under

Kid's Menu

(Pick Your Favorite)

All meals include choice of apple juice (80 CAL) or milk (80-150 CAL)
No refills, please.

☐ Junior Chocolate Chip, Banana or Blueberry Pancakes

Your choice of 3 chocolate chip, banana or blueberry pancakes.

\$6.99 (1010/810/700 CAL)

☐ Junior Egg and Pancakes

1 egg prepared how you like and 3 buttermilk pancakes.

\$5.99 (760-790 CAL)

☐ Junior Cakes and Bacon

3 buttermilk pancakes and 2 strips bacon.

\$6.99 (770 CAL)

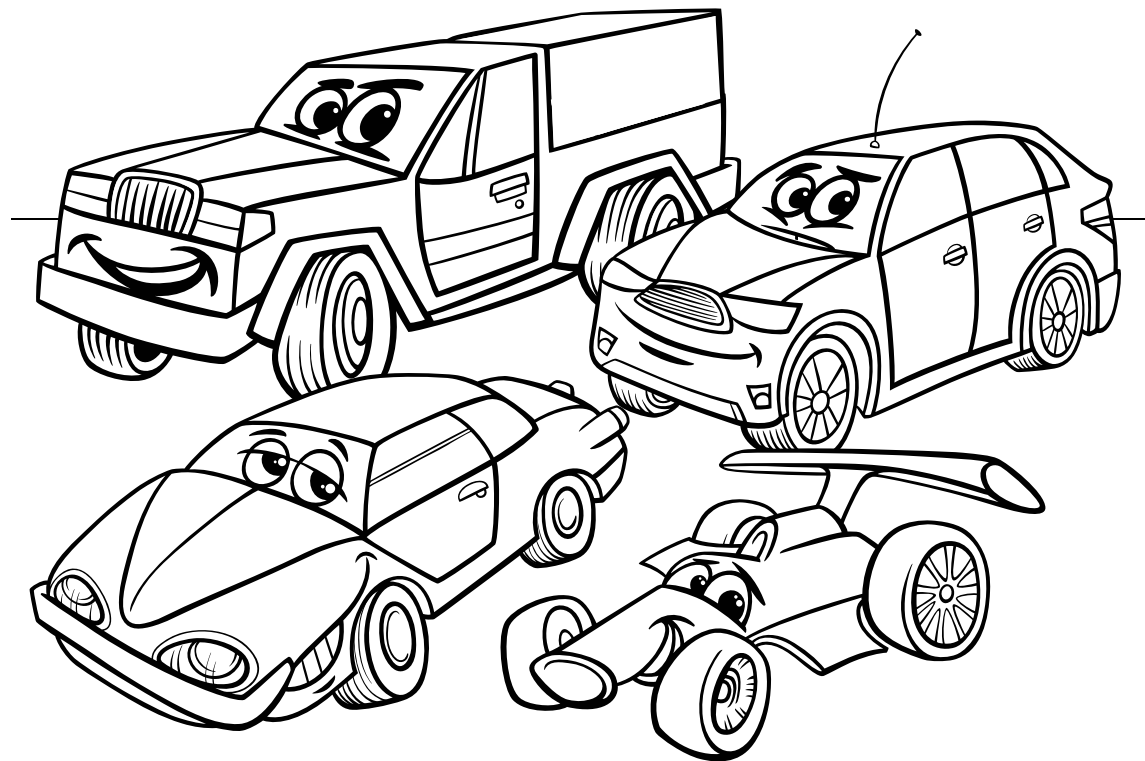
☐ Junior Cakes and Sausage

3 buttermilk pancakes and 2 sausage links.

\$6.99 (1180 CAL)

1,200 to 1,400 calories a day is used for general nutrition advice for children ages 4 to 8 years and 1,400 to 2,000 calories a day for children ages 9 to 13 years, but calorie needs vary.

Coloring Fun!



Meet the chefs!

Medical City Children's Hospital and The Original Pancake House have teamed up to build a Kids Fit Menu using recipe creations from Texas ProStart high school students and graduates. To learn more, go to www.kids-teaching-kids.com.

2019 Kids Fit Menu Internship Meal Creations

- Chicken IN Waffle Sandwich
- Maple Sausage Minis

– Alex Meza, The Colony High School Graduate-Lewisville ISD

2018 Kids Fit Menu Internship Meal Creations

- Sunrise Scramble
- Piggy Party
- French Toasties

– Evan Scott, Rockwall High School Graduate & Preslie Mann from Dr. Gene Burton College & Career Academy-Rockwall ISD

Individual items and meals provided by The Original Pancake House were reviewed by a Medical City Children's Hospital Registered Dietitian using Nutribase software. The accuracy of the information is an approximation and may vary due to several factors including, but not limited to, change in ingredients and product information. Medical City Children's Hospital is not responsible for such variations, or the quality or content of the meals served.

FREE!

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3. Your gift will be mailed to you!